

# Offutt Fitness Centers

Here's What We Offer You!

## Kuk Sool Won

Karen Plumbley  
292-8065  
Mondays and Wednesdays  
1900 - 2030  
Thursdays  
1830 - 1930 Children  
Saturdays  
1200 - 1300 Children  
1300 - 1430



## Massage Therapy

Richard and Laurie Kuiken  
339-6276  
(Call for appointment)

## Martial Arts

John Cammarata  
291-8780 / 294-5527  
Tuesdays and Thursdays  
1730 - 1900



## Personal Training

Teresa Merrick  
292-3048  
(call for appointment)

## Judo

Judy Williams, 734-1595 / 896-5311  
Tuesdays and Thursdays  
1830 - 2030  
Wednesdays  
1830 - 2000  
Saturdays  
1300 - 1500

## Tai Chi

Ted Price  
291-0967  
Tuesdays 1900



## Water Aerobics

Mondays - Wednesdays - Fridays  
0815 - 0915

## Karate

James Caldwell, 339-6864  
Mondays and Wednesdays  
1800-1930  
Saturday  
1230-1400



## Tennis Lessons

Bill Batchelor  
292-4366



## Aerobics Classes

Available 7 Days a week!

## Okinawan Kobudo

Mondays and Wednesdays  
1930-2100

For more information call the Offutt Field House at 294-5419  
or the Frady Fitness Center at 294-5410. All Classes subject to  
change on short notice. Fees apply to all programs listed.

